



• **MASCOT** •

A CARING APPROACH TO YOUR DENTAL HEALTH

Post-Operative Instructions – Surgery or Extraction

- Bite down firmly on the gauze for half an hour. After this time, wash your hands well and remove the gauze. If bleeding continues, place a new piece of gauze and bite *softly* on it for a further half hour. If bleeding persists, contact your Dentist.
- **DO NOT** rinse your mouth or brush your teeth for the rest of the day. The next day, start rinsing your mouth with warm salty water. Continue this until the wound heals.
- **DO NOT** eat or drink anything hot for the rest of the day, as this can increase bleeding. Eat only cold, soft food for the next few days until the wound heals and you are able to chew normally.
- Apply cold packs/ice to the site of extraction/surgery. Apply the cold pack for 10 minutes then rest for 10 minutes. Repeat this for over the next 24 hours *only if swelling is present*.
- **DO NOT** smoke for 4-5 days after your extraction/surgery. Smoking will destroy the blood clot and will lead to a very painful infection.
- **DO NOT** drink alcohol for 4-5 days after your extraction/surgery.
- If you have been prescribed antibiotics, you must finish the whole course even if you feel you are better. If you have an allergic reaction to the antibiotics, stop taking it immediately and contact your Dentist who will prescribe another type for you.
- Take some painkillers before the anaesthetic wears off. Panadol, Panadeine, Panadiene Forte (prescription only) and Nurofen are some effective painkillers you could use at pain.
- **DO NOT** use Aspirin as it will thin your blood and increase bleeding.
- Avoid strenuous exercise for a few days after your extraction/surgery.
- Do not lie down totally flat at night. Sleep with your head slightly elevated and cover the pillows with a towel in case of bleeding (which can happen).

You may experience some swelling and soreness following your extraction/surgery. This is normal and should decrease over a few days. If you experience a dry socket (soreness of the socket after an extraction), contact your Dentist. If the swelling does not subside in a few days or if you have any concerns, please do not hesitate to contact us.

Please feel free to contact your Dentist at any stage if you have questions.

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